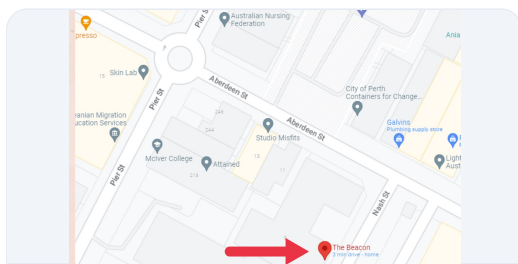


Weekly Community *Sessions*

Movement, connection and community for people at risk of — or experiencing — homelessness. **Open to everyone. No referral, no cost, no sign-up — just turn up.**

Come as you are.

Join us to improve your physical and mental health and be part of a welcoming community. All abilities welcome — walk, jog or run.



GENTLE WALKING · TUE 7:00 AM & THU 8:00 AM

The Beacon

Meet at the Beacon entrance, Nash Street, Northbridge

- A 60-minute walk, followed by a free coffee or tea.

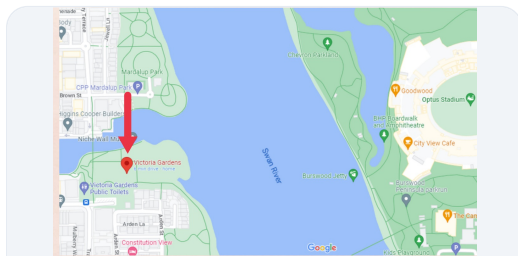


RUN · WALK · STRENGTH · TUE 6:00 PM

Wellington Square (Moort-ak Waadiny)

Cnr Wellington & Bennett Streets, East Perth

- Meet at the picnic table near the netball court.

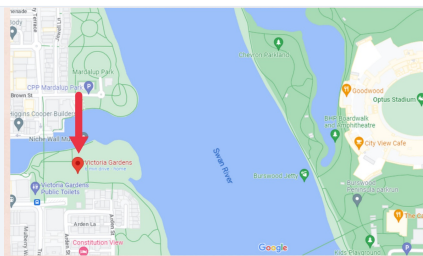


WALK / JOG · THU 5:30 PM

Victoria Gardens

10 Royal Street, East Perth

- A relaxed walk or jog for every pace.



PARKRUN · SAT 8:00 AM

Claisebrook Cove parkrun

Free 5km run or walk · finish at Victoria Gardens

- Followed by a free coffee or tea together.

THERE'S MORE

Ask about our 8-week *Women's & Men's Programs*

For dates and how to join,
email
handup@onmyfeet.org.au

CALL

(+61 8) 6263 8466

EMAIL

handup@onmyfeet.org.au

WEB

www.onmyfeet.org.au

Please confirm before your first visit — venues occasionally change, so call or email us to check the session is running.